

December 2011 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
Nov. 28 10:00 Stitching Post 11:00 Exercise to Video 1:00 Armchair Travelers	Nov. 29 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:30 Fraud Awareness	Nov. 30 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Eye Care 1:00 Wii Bowling	1 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	2 Center is Closed Washington National Cathedral Trip
5 10:00 Stitching Post 11:00 Exercise to Video 1:00 Armchair Travelers 1:00 Cards/Games/Wii	6 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:00 Games	7 Center is Closed Fall Risk Program at the Frederick Senior Center Toby's Dinner Theatre Trip	8 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 11:00 Cards/Games	9 Center is Closed
12 10:00 Stitching Post 11:00 Exercise to Video 1:00 Advanced Directives 1:00 Cards/Games/Wii	13 11:00 Exercise to Video 1:00 Blood Pressure 1:00/6:00 Stitching Post 1:30 Ambulance Subscription Service 2:00 Beginning Spanish 5:30 Pizza Night	14 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Benefits of Exercise 1:00 Wii Bowling	15 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	16 Center is Closed
19 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	20 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:30 Holiday Celebration	21 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	22 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	23 Center is Closed
26 Center is closed Enjoy the holiday!	27 11:00 Exercise to Video 1:00 Blood Pressure 1:00 Stitching Post 1:30 Rummikub 2:00 Beginning Spanish 5:30 Pizza Night 6:00 Games	28 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	29 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 11:00 Cards/Games	30 Center is Closed